

1. A therapeutic exercise device comprising:
 - (a) a base;
 - (b) a support frame that is pivotally mounted on the base, said support frame having a lower end and an upper end;
 - (c) a carriage that is mounted for sliding movement along at least a portion of the support frame, said carriage comprising:
 - (i) a lower section;
 - (ii) an upper section that is pivotally attached to the lower section;
 - (d) a left foot rest and a right foot rest, each of which is independently pivotally attached to the lower end of the support frame;
 - (e) a body-restraining belt that is adapted to secure the body of a patient to the carriage.

2. The therapeutic exercise device of claim 1 which includes:
 - (a) an ankle support pad which is attached to the lower end of the support frame;
 - (b) a center section which is adapted to be removably attached to the support frame between the ankle section and the lower section of the carriage;wherein said ankle support pad and said center section are sized and arranged so that attachment of the center section on the support frame between the ankle section and the lower section of the carriage will prevent the carriage from moving along the support frame.

3. The therapeutic exercise device of claim 1 which includes a pair of hand grips which are adapted to be removably attached to the support frame.
4. The therapeutic exercise device of claim 1 which includes a pair of body-restraining belts that are adapted to secure the body of a patient to the device, wherein one of said belts is located and arranged to secure the midsection of the patient to the carriage and the other of said belts is located and arranged to secure the legs of the patient to the device.
5. The therapeutic exercise device of claim 1 which includes a lift mechanism for raising and lowering the support frame with respect to the base.
6. The therapeutic exercise device of claim 1 which includes a restraining belt for the left foot rest and a restraining belt for the right foot rest.
7. The therapeutic exercise device of claim 1 wherein each of the foot rests may be independently pivoted between an angle of 0° with respect to the support frame and an angle of about 90° with respect to the support frame.
8. The therapeutic exercise device of claim 1 which includes a range of motion stop that is adjustably mounted on the support frame and adapted to limit the sliding motion of the carriage at a plurality of locations on the support frame.

9. The therapeutic exercise device of claim 1 which includes an upper leg support that may be removably mounted on the carriage.
10. The therapeutic exercise device of claim 1 which includes a range of motion limit detector which is adapted for determining when the carriage is moved to a predetermined position on the lower end of the support frame.
11. The therapeutic exercise device of claim 10 which includes a signaling mechanism for signaling each time that the carriage is moved to the predetermined position on the lower end of the support frame.
12. The therapeutic exercise device of claim 1 which includes a mechanism for removably fixing the carriage on the support frame so as to prevent sliding movement of the carriage thereon.
13. The therapeutic exercise device of claim 12 which includes a tilt mechanism that is adapted:
 - (a) to pivot the support frame on the base; and
 - (b) to pivot the upper section of the carriage with respect to the lower section.
14. The therapeutic exercise device of claim 12 which includes a first tilt mechanism that is adapted to pivot the support frame on the base, and a second tilt mechanism that is adapted to pivot the upper section of the carriage with respect to the lower section.

15. The therapeutic exercise device of claim 14 wherein the first tilt mechanism is adapted to tilt the support frame on the base from a generally horizontal attitude to an attitude that is about 80° from the horizontal.
16. The therapeutic exercise device of claim 14 wherein the second tilt mechanism is adapted to pivot the upper section of the carriage with respect to the lower section within a range of 0°-45°.
17. The therapeutic exercise device of claim 1 which includes a left-foot force measuring mechanism that is adapted to measure the force that is applied to the left foot rest and a right-foot force measuring mechanism that is adapted to measure the force that is applied to the right foot rest.
18. The therapeutic exercise device of claim 17 which includes a left digital readout for displaying the forces that are applied to the left foot rest and a right digital readout for displaying the forces that are applied to the right foot rest.
19. The therapeutic exercise device which includes a timer for measuring the time that the carriage is held in a predetermined position.

20. The therapeutic exercise device of claim 19 which includes a signaling device for generating a signal at a predetermined rate during the time that the carriage is held in the predetermined position.